



Vegetarian Nutrition Resource List

May 2014

This publication is a compilation of resources on vegetarian nutrition. The resources are in a variety of information formats: articles, pamphlets, books and full-text materials online. Resources chosen provide information on many aspects of vegetarian nutrition.

Materials included in this list may also be available to borrow from the National Agricultural Library (NAL). Lending and copy service information is provided at the end of this document. If you are not eligible for direct borrowing privileges, check with your local library on how to borrow through interlibrary loan. Materials cannot be purchased from NAL. Contact information is provided if you wish to purchase any materials on this list.

This Resource List is available from the Food and Nutrition Information Center's (FNIC) Web site at: <http://www.nal.usda.gov/fnic/pubs/vegetarian.pdf>. A complete list of FNIC publications can be found at <http://fnic.nal.usda.gov/resource-lists-0>.

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A. General Information on Vegetarian Nutrition

1. Articles and Pamphlets

Vegetarian Nutrition Update

Vegetarian Nutrition Dietetics Practice Group

Full Text: <http://vndpg.org/newsletter/>

Description: The Vegetarian Nutrition Dietetics Practice Group (VNDPG) of the Academy of Nutrition and Dietetics strives to empower members to be the leading authority on evidence-based vegetarian nutrition for food and nutrition professionals, health care practitioners and the public. Vegetarian Nutrition Update is the quarterly, 16-page newsletter published by the VNDPG and distributed free of charge to all VNDPG members.

Ordering Information:

Vegetarian Nutrition Dietetics Practice Group

c/o Academy of Nutrition and Dietetics

120 South Riverside Plaza, Suite 2000

Chicago, Illinois 60606-6995

Phone: 800/877-1600, ext. 4815

Position of the Academy of Nutrition and Dietetics: Vegetarian Diets

Academy of Nutrition and Dietetics (AND)

Full Text <http://www.eatright.org/about/content.aspx?id=8357>

Description: The Academy of Nutrition and Dietetics' position paper on vegetarian nutrition.

Veganism in a Nutshell

The Vegetarian Resource Group

Full Text: <http://www.vrg.org/nutshell/vegan.htm>

Description: This pamphlet contains basic information on vegan nutrition and foods.

Ordering Information:

The Vegetarian Resource Group

P.O. Box 1463

Baltimore, MD 21203

Phone: 410-366-8343

Fax: 410-366-8804

Email: vrg@vrg.org



Vegetarianism in a Nutshell

The Vegetarian Resource Group

Full Text: <http://www.vrg.org/nutshell/nutshell.htm>

Description: This pamphlet contains basic information on vegetarian nutrition and foods.

Ordering Information:

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P.O. Box 1463

Baltimore, MD 21203

Phone: 410-366-8343

Fax: 410-366-8804

Email: vrg@vrg.org

2. Books

The Dietitian's Guide to Vegetarian Diets: Issues and Applications, 2nd ed.

Virginia Messina, Reed Mangels, and Mark Messina

Boston, MA: Jones and Bartlett Publishers, 2004. 587 pp.

ISBN: 0763732419

Description: This book provides detailed information about nutrient needs and functions in the context of a vegetarian diet and is primarily intended for dietitians and other health care providers as a resource for counseling vegetarian clients.

The New Becoming Vegetarian: The Essential Guide to a Healthy Vegetarian Diet

Vesanto Melina., MS, RD and Brenda Davis, RD

Summertown, TN: Book Publishing Company, 2003. 373 pp.

ISBN: 1570671443

Description: This guide on vegetarian diets thoroughly covers basic nutrition topics, provides a vegetarian food guide, recipes, addresses the needs of children and pregnant women, and discusses topics such as essential nutrients, overweight, eating disorders, and the vegetarian athlete.

Vegan for Her: The Woman's Guide to Being Healthy and Fit on a Plant-Based Diet

Virginia Messina, MPH, RD

Boston, MA: Da Capo Lifelong Books, 2013. 400 pp.

ISBN: 978-0738216713

Description: A guide to help vegan women plan their food choices around their dietary needs throughout the lifecycle.



3. Magazines and Newsletters

Vegetarian Journal

The Vegetarian Resource Group

Full Text: <http://www.vrg.org/journal/> (Includes selected articles from previous issues and subscription information.)

Description: This quarterly magazine includes practical tips for vegetarian meal planning, articles relevant to vegetarian nutrition, recipes, and natural food product reviews.

Ordering Information:

Vegetarian Resource Group

Vegetarian Journal

PO Box 1463

Baltimore, MD 21203

Phone: 410-366-8343

Online ordering: <http://www.vrg.org/journal/subscribe.htm>

Vegetarian Times

Full Text: <http://www.vegetariantimes.com/> (Includes recipes and resources)

Description: This magazine includes staff-tested vegetarian and vegan recipes as well as cooking tips and entertaining suggestions. The magazine also provides information about current research on health, nutrition and fitness.

Ordering information:

Vegetarian Times

P.O. Box 420235

Palm Coast, FL 32142-0235

Phone: 877-717-8923 (U.S. and Canada); 386-446-6914 (International)

Online ordering: <https://secure.palmcoastd.com/pcd/document?ikey=003C7ITWO>

VegNews Magazine

Full Text: <http://www.vegnews.com>

Description: This magazine provides information about a vegetarian lifestyle including travel tales, city guides, vegetarian products and practical advice.

Ordering information:

VegNews

3505 20th Street

San Francisco, CA 94110

Online ordering: <https://swenconn.powweb.com/subscribe.html>



4. Web Resources

MedlinePlus: Vegetarianism

DHHS. NIH. National Library of Medicine.

Web site: <http://www.nlm.nih.gov/medlineplus/vegetariandiet.html> and <http://www.nlm.nih.gov/medlineplus/ency/article/002465.htm>

Description: This site includes a complete listing of information on many aspects of vegetarian nutrition including basic nutrition, special diets, organizations and related issues.

Vegetarian Diets

American Heart Association

Web site: http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/Vegetarian-Diets_UCM_306032_Article.jsp

Description: Defines different types of vegetarianism and provides nutritional information related to vegetarian diets.

Vegetarian Nutrition

USDA Food and Nutrition Information Center

Web site: <http://fnic.nal.usda.gov/lifecycle-nutrition/vegetarian-nutrition>

Description: Links to web resources on many aspects of vegetarianism.

Vegetarian Resource Group

Web site: <http://www.vrg.org/>

Description: This web site contains a wealth of information on vegetarian nutrition including nutrients like iron, calcium, protein, and vitamin B₁₂ as well as reprints of nutrition-related articles from Vegetarian Journal.

The Vegetarian Society of the United Kingdom

Web site: <http://www.vegsoc.org>

Description: This site includes a complete listing of resources and fact sheets on many aspects of vegetarian nutrition including basic nutrition, protein, fats and cholesterol, calcium, iron, vitamin B₁₂, and zinc.

The Vegan RD

Virginia Messina, MPH, RD

Web site: <http://www.theveganrd.com/>

Description: Provides well-researched responses to questions about all aspects of vegetarian nutrition and foods, with content updated weekly.

Vitamin B₁₂ in the Vegan Diet

The Vegetarian Resource Group

Web site: <http://www.vrg.org/nutrition/b12.htm>

Description: Provides information on vitamin B₁₂ sources and recommendations.



B. Vegetarian Diets and Disease Prevention/Treatment

1. Articles and Pamphlets

American Heart Association Calls for Eating Fish Twice Per Week- What's A Vegetarian To Do?

Gail Nelson, MPH, RD

Vegetarian Journal, September/October 2001: 23(4).

Full text: <http://www.vrg.org/journal/vj2001sep/2001sepomega3.htm>

Description: Article reviews nutritional aspects of omega-3 fatty acids and provides vegetarian options for obtaining these nutrients.

The Bottom Line on Soy and Breast Cancer Risk

Marji McCullough, ScD, RD

American Cancer Society, August 2012, updated April 2014

Full text: <http://www.cancer.org/cancer/news/expertvoices/post/2012/08/02/the-bottom-line-on-soy-and-breast-cancer-risk.aspx>

Description: This resource includes information about different studies about soy in relation to breast cancer.

Calcium in the Vegan Diet

Reed Mangels, PhD, RD

Simply Vegan, 5th edition

Full Text: <http://www.vrg.org/nutrition/calcium.php>

Description: Article includes information about the sources of calcium in the vegan diet.

The Contribution of Vegetarian Diets to Health and Disease: A Paradigm Shift?

Joan Sabaté

The American Journal of Clinical Nutrition, September 2003, vol. 78 no. 3

Full text: <http://ajcn.nutrition.org/content/78/3/502S.full>

Description: This article explains how advances in nutrition research have changed the understanding of vegetarian diets to human health and disease.

Health & Prevention, Understanding Vegetarianism

Cleveland Clinic

Full text: <http://my.clevelandclinic.org/heart/prevention/nutrition/food-choices/understanding-vegetarianism.aspx>

Description: Resource provides general information about vegetarian diet.

Iron in the Vegan Diet

By Reed Mangels, PhD, RD

Full text: <http://www.vrg.org/nutrition/iron.php>

From *Simply Vegan*, 5th edition

Description: Resource provides information about the iron content of selected vegan foods, comparison of iron sources and sample menus providing generous amount of iron.



A Low Fat Vegan Diet Improves Glycemic Control

Neal D. Barnard, MD, Joshua Cohen, MD, David J.A. Jenkins, MD, PHD, Gabrielle Turner-McGrievy, MS, RD, Lise Gloede, RD, CDE, Brent Jaster, MD, Kim Seidl, MS, RD, Amber A. Green, RD and Stanley Talpers, MD.

Diabetes Care, Volume 29, Number 8, August 2006.

Full text: <http://www.vegsource.com/articles2/DiabetesCarePDF2006.pdf>

Description: This article presents the results of a research study examining the effects of a low fat vegan diet on persons with diabetes.

Preventing Osteoporosis: Building Strong Bones Over a Lifetime

Reed Mangels, PhD, RD

Vegetarian Journal 2005 Issue 2

Full Text: <http://www.vrg.org/journal/vj2005issue2/vj2005issue2bones.htm>

Description: This article explains what osteoporosis is and what vegans can do at every age to reduce their risk of developing it.

Vegetarian Diets

American Heart Association

Full text: http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/Vegetarian-Diets_UCM_306032_Article.jsp

Description: This article provides information about nutrients to consider in vegetarian diet.

Vegetarianism

American Cancer Society

Full Text:

<http://www.cancer.org/treatment/treatmentsandsideeffects/complementaryandalternativemedicine/dietandnutrition/vegetarianism>

Description: Article includes information about vegetarianism, its history and studies about the health benefits of vegetarian diet.

Weight Control the Vegan Way

Vegetarian Resource Group

Full text: <http://www.vrg.org/journal/vj2006issue1/vj2006issue1weight.htm>

Description: This article provides information for those who would like to lose weight by following a vegan diet. The authors provide information about appropriate foods in each food group, a sample menu and recipes.



2. Books

Everyday Cooking with Dr. Dean Ornish: 150 Easy, Low-Fat, High Flavor Recipes

Dean Ornish, MD

New York, NY: Harper Perennial, 2002. 368 pp.

ISBN: 978-0060928117

Description: Cardiac researcher Dean Ornish, MD presents 150 low-fat, low-cholesterol vegetarian recipes.

The Plant-Powered Diet: The Lifelong Eating Plan for Achieving Optimal Health, Beginning Today

By Sharon Palmer, RD

New York, NY: The Experiment; 2012. 432 pp.

ISBN: 9781615190584

Description: The book contains findings in nutrition, information on the healthiest plant foods—whole foods, advice for navigating the supermarket, kitchen, restaurant menus. A 14-day meal plan, plus daily action alerts as well as 75 plant-based recipes with complete nutritional data.

Vegan for Her: The Woman's Guide to Being Healthy and Fit on a Plant-Based Diet

Virginia Messina, MPH, RD

Boston, MA: Da Capo Lifelong Books, 2013. 400 pp.

ISBN: 978-0738216713

Description: A guide to help vegan women plan their food choices around their dietary needs throughout the lifecycle.

3. Web Resources

Vegetarian and Vegan Diets

British Nutrition Foundation

Web site: <http://www.nutrition.org.uk/publications/briefingpapers/vegetarian-nutrition>

Description: Information on vegetarian and vegan diets. Web site contains information on implications of diet and health, nutrition for vegetarians and fact sheets.

Fact Sheets: Vegetarian and Vegan Diets: <http://www.vegsoc.org/page.aspx?pid=784>

Vegetarian Resource Group

Web site: <http://www.vrg.org/nutrition/>

Description: Information on vegetarian diets in diabetes and on heart healthy vegetarian diets as well as reprints of health-related articles from Vegetarian Journal.



Vegetarian Society of the United Kingdom

Web site: <http://www.vegsoc.org/health/>

Description: Information on various health conditions including allergy, celiac disease, cancer, diabetes, diverticular disease, gall stones, heart disease, hypertension, kidney disease, obesity, osteoporosis, and rheumatoid arthritis and the vegetarian diet.

C. Vegetarian Diets for Special Populations

1. Vegetarianism During the Lifecycle

a. Resources for Pregnancy and Lactation

The Vegan Diet During Pregnancy and Lactation

Reed Mangels, PhD, RD

Vegetarian Resource Group

Full text: <http://www.vrg.org/nutrition/veganpregnancy.htm>

Description: This article, originally published in the Vegetarian Journal, examines weight gain and nutrient needs in pregnancy, discusses morning sickness, provides sample meal plans, and presents recommendations for breastfeeding.

Vegan Nutrition in Pregnancy and Childhood

Reed Mangels, PhD, RD and Katie Kavanagh-Prochaska, Dietetic Intern

Vegetarian Resource Group

Full text: <http://www.vrg.org/nutrition/pregnancy.htm>

Description: Summary of considerations for the vegan diet during pregnancy, breastfeeding and childhood. Includes nutrient needs and meal planning tips. Available in electronic format only.

b. Resources for Infants and Children

Better Than Peanut Butter and Jelly

Marty Mattare and Wendy Muldawer

Ithaca, NY: McBooks Press. 2006. 192 pp.

ISBN: 978-1590131220

Description: This cookbook contains simple, healthy kid-tested recipes that children (and parents) will enjoy.

Eating Wisely: Raising a Vegetarian Child

New Beginnings, Vol. 17 No. 4 July-August 2000, pp. 131-133, 151

Melanie Wilson

Full text: <http://www.lalecheleague.org/NB/NBJulAug00p131.html>

Description: Practical information on vegetarian children. Includes information on sources of specific nutrients.



From Animal Crackers to Wild West Beans: Easy and Fun Vegetarian Recipes for Healthy Babies and Children

Carol Timperley

Chicago, IL: Contemporary Publishing. 1998. 144 pp.

ISBN: 0-8092-3022-4

Description: A book of recipes and food ideas for vegetarian babies and toddlers.

Honest Pretzels and 64 Other Amazing Recipes for Cooks Ages 8 and Up

Mollie Katzen

Berkeley, CA: Tricycle Press. 1999. 192 pp.

ISBN: 1883672880

Description: Vegetarian recipes for children ages 8 years and older

Kids Can Cook: Vegetarian Recipes

Dorothy R. Bates and Suzanne Havala

Summertown, TN: Book Publishing Company. 2000. 176 pp.

ISBN: 1-57067-086-2

Description: This cookbook features simple recipes that children can prepare. Kitchen safety tips and a brief nutrition section are also included.

Pretend Soup and Other Real Recipes: A Cookbook for Preschoolers and Up

Mollie Katzen and Anne Henderson

Berkeley, CA: Tricycle Press. 1994. 95 pp.

ISBN: 1883672066

Description: Vegetarian recipes for younger children.

Raising Vegetarian Children

Joanne Stepaniak, MEd and Vesanto Melina, MS, RD

New York, NY: McGraw-Hill, 2003. 300 pp.

ISBN: 0658021559

Description: Provides tips for nursing moms and nutritional guidance for infancy to adolescence.

Vegan Diets for Children

Vegetarian Nutrition Dietetic Practice Group, *Issues in Vegetarian Dietetics*.

Carol M. Coughlin, RD

Full text: <http://vegetariannutrition.net/vegetarian-kids/>

Summary: Nutritional considerations for vegan infants, children, and adolescents.

The Vegetarian Child: A Complete Guide for Parents

Lucy Moll

New York, NY: Perigee. 1997. 224 pp.

ISBN: 0-399-52271-9

Description: This book is written in question-and-answer format and addresses vegetarian



pregnancy, infants, toddlers, pre-schoolers, grade-schoolers, and teens. It includes meal planning ideas and recipes.

Vegetarian Resource Group

Web site: <http://www.vrg.org/nutrition/>

Description: Resources on feeding vegan children, healthy fast food for preschoolers, school lunch, and vegan infants. Also includes food guides for infants and children.

Vegetarianism

Kids' Health for Parents, The Nemours Foundation

Web site: http://kidshealth.org/parent/nutrition_center/healthy_eating/vegetarianism.html

Description: Pros and cons of a vegetarian diet for children, advice for specific age groups including infants and toddlers.

c. Resources for Adolescents

Teen Vegetarians - Facts for Parents

University of Maine System. UMaine Cooperative Extension.

Web site: <http://www.umext.maine.edu/onlinepubs/PDFpubs/4054.pdf>

Description: Includes information for parents about vegetarian diets for teenagers.

A Teen's Guide to Going Vegetarian

Judy Krizmanic

New York, NY: Puffin. 1994. 144 pp.

ISBN: 0-0670-85114-0

Description: This is a guide to vegetarianism written for teens. It addresses important nutrients, parental concerns, and provides simple recipes and a list of resources.

The Teen's Vegetarian Cookbook

Judy Krizmanic

New York, NY: Viking Press. 1999. 192 pp.

ISBN: 0140385061

Description: Easy to prepare recipes for teenage vegetarians. Includes an ingredient glossary, and tips for college-age vegetarians.

TeensHealth

Kids' Health for Parents, The Nemours Foundation

Web site: http://kidshealth.org/teen/food_fitness/nutrition/vegetarian.html

Description: Information for parents on vegetarian diets for adolescents.



Vegan for Life: Everything You Need to Know to be Healthy and Fit on a Plant-Based Diet

Virginia Messina, MPH, RD, Jack Norris, RD.
Da Capo Lifelong Books. 2011. 304 pp.

ISBN: 978-0738214931

Description: Proper vegan nutrition is explained for vegans at any stage of life.

Vegetables Rock! A Complete Guide for Teenage Vegetarians

Stephanie Pierson
New York, NY: Bantam Books. 1999. 222 pp.

ISBN: 0-553-37924-0

Description: Includes nutrition information for teenage vegetarians and ideas for eating out.

Vegetarian Nutrition for Teenagers

The Vegetarian Resource Group

Full Text: <http://www.vrg.org/nutrition/teennutrition.htm>

Description: This pamphlet, available in English and Spanish, provides information on vegetarian diets for teenagers.

Ordering Information:

The Vegetarian Resource Group

P.O. Box 1463

Baltimore, MD 21203

Phone: 410-366-8343 Fax: 410-366-8804

Vegetarianism for Teens

Jane Duden

Mankato, MN: Capstone Press. 2001. 64 pp.

ISBN: 0-7368-0712-8

Description: Written for pre-teens. Contains basic information on vegetarianism including a definition of vegetarianism, historical information, nutrition information, meal planning, tips for eating out, and a glossary.

Vegetarian Society of the United Kingdom: A Parent and Teenager Guide to Vegetarianism

Web site: <http://www.vegsoc.org/document.doc?id=207>

Description: Information on vegetarian children and teenagers including a suggested food guide.

d. Resources for Older Adults

4 Week Vegetarian Menu Set for Meals on Wheels Sites

Vegetarian Journal's Foodservice Update, Volume V, Number 4 Autumn 1997

Full text: <http://www.vrg.org/fsupdate/fsu974/fsu974menu.htm>

Description: Four weeks worth of menus for use by the Meals on Wheels Program.



A Senior's Guide to Good Nutrition

The Vegetarian Resource Group
Suzanne Hvala, MS, RD

Full Text: <http://www.vrg.org/nutrition/seniors.htm>

Description: Information on special nutritional needs of older people, use of supplements, common diet-related complaints, and meal preparation.

e. Resources for Athletes

Eat Better, Perform Better: Sports Nutrition Guidelines for the Vegetarian

The Vegetarian Resource Group
Enette Larson, MS, RD

Full text: <http://www.vrg.org/nutshell/athletes.htm>

Description: Guidelines for pre-event meals, eating during and after competition, the role of supplements, and practical recommendations.

Sports Nutrition for Vegetarians

Vegetarian Nutrition Dietetic Practice Group, *Issues in Vegetarian Dietetics*.

Full text: <http://vegetariannutrition.net/docs/Sports-Vegetarian-Nutrition.pdf>

Description: This article is geared toward health professionals who are advising vegetarian athletes. It covers nutritional needs for macro and micronutrients.

Sports Nutrition

Jack Norris, RD

Full text: <http://www.veganhealth.org/articles/athletes>

Description: This resource addresses aspects of diet specific to the vegetarian athlete.

D. Vegetarian Cooking and Foods

1. Books

Eat Your Vegetables: Bold Recipes for the Single Cook

Joe Yonan

Berkeley, CA: Ten Speed Press, 2013. 204 pp.

ISBN: 978-1607744429

Description: A cookbook for the single, vegetarian, cook. Recipes for both lacto-ovo vegetarians, and vegans.

Entertaining for a Veggie Planet: 250 Down-to-Earth Recipes

Didi Emmons

New York, NY: Houghton Mifflin, 2003. 480 pp.

ISBN: 978-0618104512

Description: This guide to vegetarian entertaining includes recipes appropriate for casual and elegant dinners. Includes suggested menus for guidance in planning a complete vegetarian feast.



Flying Apron's Gluten Free

Jennifer Katzinger

China: Sasquatch Books, 2009. 192 pp.

ISBN: 1570616299

Description: The book focuses on the eliminated of gluten, dairy, egg, soy, and wheat. Recipes include cakes and muffins, cookies and pastry.

Fresh from the Vegetarian Slow Cooker

Robin Robertson

Boston, MA: Harvard Common Press, 2004. 276 pp.

ISBN: 978-1558322561

Description: 200 recipes for one-pot meals that can be cooked in a slow cooker. Includes information about slow cookers and tips for slow cooking success.

How to Cook Everything Vegetarian: Simple Meatless Recipes for Great Food

Mark Bittman

New Jersey: Wiley, 2007. 1008 pp.

ISBN: 0764524836

Description: Book provides information on how to cook meatless meals for all occasions using fresh ingredients, basic kitchen equipment and simple techniques.

Isa Does It: Amazingly Easy, Wildly Delicious Vegan Recipes for Every Day of the Week

Isa Chandra Moskowitz

New York, NY: Little, Brown and Company, 2013. 320 pp.

ISBN: 0316221902

Description: This cookbook contains vegan meals from scratch in 30 minutes or less. The cookbook includes 150 new recipes to make for every day. The recipes are supermarket friendly. From skilled chefs, to those new to the vegetarian pantry or just cooks looking for some fresh ideas.

Plenty, Vibrant Vegetable Recipes from London's Ottolenghi.

Yotam Ottolenghi

San Fransisco, CA: Chronicle Books, 2010. 288 pp.

ISBN: 9781452101248

Description: One hundred and twenty recipes organized by roots to fruit, colors, tastes and texture.



Plum: Gratifying Vegan Dishes from Seattle's Plum Bistro

Makini Howell

Seattle, WA: Sasquatch Books, 2013. 160 pp.

ISBN-10: 1570617910

Description: This cookbook features dishes for brunch, soups, salads, entrées, desserts, and more

Vegan Cooking for Carnivores: Over 125 Recipes So Tasty You Won't Miss the Meat

Roberto Martin

New York: Grand Central Life & Style, 2012. 240 pp.

ISBN-10: 1609412419

Description: Martin, a Culinary Institute of America-trained chef, shares his recipes and techniques that work in all cuisines. Banana and Oatmeal Pancakes, Avocado Reuben, Red Beans and Rice, "Chick 'n' Pot Pie," and Chocolate Cheesecake.

Vegan Eats World: 250 International Recipes for Savoring the Planet

Terry Hope Romero

Boston, MA: First Da Capo Press, 2012. 376 pp.

ISBN: 9780738214863

Description: Three hundred recipes based on international favorites. The book includes chapters on spice blends, protein, chutney and sauces.

Vegan Family Meals: Real Food for Everyone

Ann Gentry

Kansas City, MO: Andrews McMeel Publishing , 2011. 258 pp.

ISBN-10: 1449402372

Description: The book contains 100 recipes for the family and information on ingredients and includes a directory of food sources.

1000 Vegan Recipes

Robin Robertson

Hoboken, NJ: John Wiley & Sons, 2009. 612 pp.

ISBN: 9780470085028

Description: This cookbook features 1000 recipes including appetizers, snacks, salads, sandwiches, soups, main dishes, breads, baked foods and other desserts.



The Modern Vegetarian Kitchen

Peter Berley

New York: Regan Books, 2004. 464 pp.

ISBN: 978-0060989118

Description: This cookbook covers all aspects of vegetarian cooking, with information on kitchen and pantry essentials. The author emphasizes seasonal ingredients and wholesome foods.

2. Web Resources

Vegetarian Times

Web site: <http://www.vegetariantimes.com/>

Description: Hundreds of vegetarian recipes in a searchable database. Includes nutritional information.

E. Resource Centers

Vegetarian Nutrition Dietetic Practice Group

Web site: <http://www.vegetariannutrition.net/>

c/o Academy of Nutrition and Dietetics
120 South Riverside Plaza, Suite 2000
Chicago, Illinois 60606-6995
Phone: 800/877-1600, ext. 4815

The Vegetarian Resource Group

Web site: <http://www.vrg.org/>

P.O. Box 1463
Baltimore, MD 21203
Phone: 410-366-8343
Fax: 410-366-8804
Email: vrg@vrg.org

Vegetarian Society of the United Kingdom

Web site: <http://www.vegsoc.org/>

Parkdale, Dunham Rd.
Altrincham, Cheshire WA14 4QG



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Locate additional FNIC publications at <http://fnic.nal.usda.gov/resource-lists-0>

Food and Nutrition Information Center
Agricultural Research Service, USDA
National Agricultural Library, Room 108
10301 Baltimore Avenue
Beltsville, MD 20705-2351
Phone: 301-504-5414
Fax: 301-504-6409
TTY: 301-504-6856

Contact: <http://fnic.nal.usda.gov/contact>

Web site: <http://fnic.nal.usda.gov>

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